

SERIOUS FACTS ABOUT BREAD

Which Housekeepers Should Earnestly Consider.

A serious danger menaces the health of the people of this country in the numerous alum baking powders that are now being used upon the public. There is no question as to the detrimental effects of these powders upon the system. Every Board of Health, every physician, will tell you of the unwholesome qualities they add to the food. Some countries have absolutely prohibited the sale of bread containing alum. Even small doses of alum, given to children, have produced fatal results, while cases of heartburn, indigestion, griping constipation, dyspepsia, and various kindred gastric troubles from irritation of the mucous membrane, caused by the continuous use of food prepared with the alum or alum-phosphate powders, are familiar in the practice of every physician.

It is not possible that any prudent housewife, any loving mother, will knowingly use an article of food that will injure the health of her household, or perhaps cause the death of her children.

How shall the dangerous alum powders be distinguished? And how shall the danger to health from their use be avoided? Generally, alum powders may be known from the price at which they are sold, or from the fact that they are accompanied by a gift, or are disposed of under some scheme. The alum powder costs but a few cents a pound to make, and is often sold at 20 or 25 cents a pound. If some person is given with it, the price may be 30, 40 or 50 cents a pound.

It is impossible to name all the alum powders in the market, but any baking powder sold at a low price, or advertised as costing only half as much as cream of tartar powders, or accompanied by a present, or disposed of under any scheme, is of this class, detrimental to health, and to be avoided.

But the easy, safe, and certain protection of our bread, biscuit and cake from all danger of unwholesomeness is in the use of the Royal Baking Powder only. This powder is mentioned because of the innumerable reports in its favor by high medical authorities, by the U. S. Government, and by the official chemists and Boards of Health, which leave no doubt as to its entire freedom from alum, lime and ammonia, its absolute purity and wholesomeness. While its use is thus a safeguard against the poisonous alum powders, it is satisfactory at the same time to know that it makes the whitest, lightest, sweetest and most delicious food, which will keep moist and fresh longer, and that can be eaten with impunity hot or cold, stale or fresh, and also that owing to its great strength it is more economical than others.

These facts should incline consumers to turn a deaf ear to all importunities to buy the inferior powders. If a grocer urges the sale of the cheap, impure, alum brands, it should be borne in mind that it is because he can make more profit on them. The wise housekeeper will decline in all cases to take them.

Take no chances through using a doubtful article where so important a matter as the health or life of dear ones is at stake.

CREDITOR.—The consciences of those two bankrupts appear to be very elastic. "Assignees—Well, don't you expect elasticity in suspenders?"—Clothes and Haberdashers Weekly.

"Don't wait for me," said the boots to the beaver hat. "Why not?" "Because it's your business to go on a head," replied the boots.

A "RUN DOWN" and "used-up" feeling is the first warning that your liver isn't doing its work. And, with a torpid liver and the impure blood that follows it, you're an easy prey to all sorts of ailments. This is the time to take Dr. Pierce's Golden Medical Discovery. As an appetizing, restorative tonic, to repel disease and build up the needed flesh and strength, there's nothing to equal it. It restores every organ into healthy action, purifies and enriches the blood, braces up the whole system, and restores health and vigor.

For every disease caused by a disordered liver or impure blood, it is the only remedy that cures. If it doesn't benefit or cure, in every case, you have your money back.

\$5.00 is offered, by the proprietors of Dr. Sage's Catarrh Remedy, for an incurable case of Catarrh. Their remedy perfectly and permanently cures the worst cases.

A Powerful Flesh Maker. A process that kills the taste of cod-liver oil has done good service—but the process that both kills the taste and effects partial digestion has done much more.

Scott's Emulsion stands alone in the field of fat-foods. It is easy of assimilation because partially digested before taken.

Scott's Emulsion checks Consumption and all other wasting diseases.

Prepared by Scott & Bown, Chemists, New York. Sold by druggists everywhere.

D'IBULL'S COUGH SYRUP THE PEOPLE'S REMEDY. PRICE 25c. "Kills all Coughs." **Salvation Oil** 25c. **I AM SO HAPPY!** 3 BOTTLES **S.S.S.** OF

Relieved me of a severe blood trouble. It has also caused my hair to grow out again, as it had been falling out by the handful. After trying many physicians in S.S.S. I am so happy to find a cure in S.S.S. O. H. ELBERT, Galveston, Tex.

S.S.S. CURES For forcing out germs of disease. It is blood and skin medicine. It is entirely vegetable and harmless. Treatise on Blood and Skin mailed free. **SWIFT SPECIFIC CO., Atlanta, Ga.**

THE FARMING WORLD.

GROWING SMALL FRUITS.

How to Make One Acre Pay a Handsome Profit.

So easily may one provide for an abundant supply of small fruits that it is to be wondered at that there are still so many who willingly deny themselves and their families a healthful luxury for the want of a little—very little—outlay of time, muscle, money and soil.

One acre, if judiciously planted to a well selected stock of strawberries, currants, gooseberries, raspberries, blackberries and grapes, will usually supply an ordinary family and furnish enough surplus to bring on the market sufficient returns to repay all expenses the second year.

In case no orchard has been planted on the place, the small fruits may be placed on the same acre of ground, and to no disadvantage to either small fruits or trees, if properly fed with domestic fertilizers.

In the first place, select a suitable tract, say ten rods wide and sixteen rods long, well drained, either naturally or artificially, and cover with manure in the fall or early winter, spreading evenly. In the spring, plow

deep, pulverize thoroughly, and set the trees thirty-three feet apart each way. You then have forty trees, which the cultivation given to small fruits will keep in good, thrifty condition.

In the rows of trees the long way may be planted four blackberry canes between each two trees—twenty-eight to the row, one hundred and forty to the acre. In cultivating the blackberries you will also cultivate the trees, and the blackberries will do all the better for the partial shade afforded by the trees. Between the outside rows on one side plant a row of grapes one rod from either row of trees, thus providing for an abundance of sunlight even when the trees are grown. Between the grapes and one row of trees set two rows of raspberries, five and one half feet apart and the same distance in the row. Between the grapes and the opposite row of trees plant a row of gooseberries and one of currants, the former five and one half feet in the row, the latter three feet. You now have twenty-two grapes, forty-four raspberries, twenty-two gooseberries and seventy-eight currants, all in good shape to cultivate the long way with horse and cultivator, and three unoccupied spaces of a quarter of an acre each. One of these may now be set to strawberries in rows four feet apart and eighteen inches in the row. This will give twelve hundred and thirty-two plants and should produce eighty to one hundred bushels of berries with fair culture; enough to pay all expenses. The second space may be planted to garden vegetables, and the third space should be sown to clover as a fertilizer. Alternate with clover, vegetables and strawberries, always using the first clover crop as a mulch for trees and berries, and the second crop as fertilizer, and you will be pleased with the result.

Some will say that the trees, when grown, will shade the berry-canes too much, but it is well known that blackberries and raspberries, as well as currants and gooseberries, do better when in partial shade, so the argument will not avail.

Again, others will say that by producing the small fruit you will impoverish the soil before the orchard is in bearing. Not unless you practice the robber system of taking all and giving none. With clover rotation and liberal applications of barnyard manure, together with good culture, the orchard will be in better condition at bearing than when first planted. It has been tried here at "Shady Nook" and proves a success, so there is no theorizing about the subject.—John L. Shawver, in Farm and Fireside.

PRUNING CURRANTS. How to Make the Bushes Pay a Satisfactory Income.

The most neglected fruit, except, perhaps, the quince, is the currant. The currant should be well cared for. It should be pruned as a tree is pruned, and we give herewith an illustration of how the currant bush should be pruned.

Take care of the currant bush and they will pay for the trouble and expense. This fruit is a very healthful fruit, and it is not an unprofitable fruit if it is properly cultivated. The variety should be the best, and the fruit catalogues will give a description of the best varieties. The currant worm, which is the great enemy of the currant, is easily managed by the use of white hellebore. This is a sure pop against the pest. Make a solution and sprinkle with a common watering pot. Sprinkle as often as may be necessary. Then take the trouble, as we have already said, to prune and not let the bush run wild.—Farmers' Voice.

The Ripening of Honey. Honey should be ripened in the hive before being extracted, says a writer in the American Bee Journal. It may be stored in stone jars, in tin tanks or in wooden barrels, care being taken not to have wood which will taint the honey. Zinc or galvanized iron must not be used for storing honey under any circumstances.

Coming Back. Coming back to my home. That is a matter that never. To the strong and the weak. That no fortune can sever.

Coming back to the love. Of the dear one that miss me. The darling to dear to my heart. That will welcome and kiss me.

Coming back to the warmth. Of my children's caresses. To the fire-light and homelike that cheers. While it comforts and blesses.

Coming back to the place. Where deception never lingers. Where truth weaves the web of our life. With delicate fingers.

Coming back to "sweet home." With its cares and pleasures. A spot that I would not exchange. For earth's richest treasures.

—Mrs. M. A. Kildner, in N. Y. Ledger.

The Fellow Who Means What He Says. There is one who means what he says. As you travel or live a varied way. Who will strive to be honest and just—He's the fellow who means what he says.

He is not one to lead you astray. On his word you may always depend. When he gives, he is sure to repay. And he never goes back on a friend.

What he seems to be is the life. He holds to his heart the truth. All temptation he will defy. Who will keep to this rule in his youth.

To be true—all is there—to be true. You will find in the end that it pays. Search your heart, and be certain that you are the fellow who means what he says.

—George Hildegarde, in Golden Days.

Gratitude. The day was wet and comfortable. The careless, drowsy rain Splashed on the window pane And blurred the cloud that like a shroud Paled all the earth in dreariness.

Hope, weeping, took her silent flight. A dismal discontent Was with our spirits blent. And doubt said, "Grieve! There is no peace. For love is naught. There is no light!"

In quietness our baby stood. And gravely scanned the skies. Then, with a glad surprise, Said, with a nod, "Oh! Thank you, God, For letting out the sun. You're good."

The world grew bright, the hat-like brood Of young folks faded. And with my daughter's hand Pressed to my breast came peace and rest. I too, said, "Thank you, God, For letting out the sun. You're good!"

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W. E. Nichols, in Chicago Graphic.

I Wonder Why! I wonder why, when I pass her way, The darkest night seems changed to brightness day?

And why her voice falls with a cadence sweet Upon my ear—why moments are so fleet? When oft to mine she ably lifts her eye, Earth seems to me like one vast paradise.

I wonder why? I wonder why she trembles when with me, And like some frightened bird would quickly flee?

I whisper to her, "Love, we never shall part!" And feel the wild pulsation of her heart. While clasping her close, long, fond embrace She tries to hide the blushes on her face!

I wonder why? —Mary Kildner, in Yankee Blade.

The Commercial Traveler. His home is in the sleeping car. No vine or fig tree's shade. His music is the clanking wheels. His poetry is trade.

This missionary of the mart He spreads the true faith's germs. The endless merits of his house About all other firms.

He buttonholes the kings of trade. His sample case unrivaled. And talks until the very life Grows feeble in their souls.

The belted drowsy wind for him. He needs no locks nor bars. And fann not any face of man Beneath the sun or stars.

The heroes of baronial times Were armed from hair to heel. With iron pots upon their heads And pationators on their heels.

The leader here of today Is armorless and weak. But for the vigor of his tongue, And bluntness breadth of cheek.

He meets all men with fearless mien, Nor knows to pause or aver. With Liliputian tactfulness And Brodiganian nerve.

No dim abstractions vex his soul. His creed and language are. In just to make a sale and catch The two o'clock express.

How's This? We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Props., Toledo, O. We the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligation made by their firm.

West & Thax, Wholesale Druggists, Toledo, O. W. A. LINDING, KINNA & MARVIN, Wholesale Druggists, Toledo, O. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Price 75c. per bottle. Sold by all Druggists. Testimonials free.

Miss Pratt says that others may have their love in a cottage, but love in a cottage is a better way to put it.—Boston Transcript.

You Needn't Live in a Swamp To have malarial trouble. It is as wide spread as it is insidious. But you do need Hutter's Stomach Bitters to get over it speedily and completely. Persistent use of this professionally commended remedy and preventive will free it though you have tried other medicines in vain. Tackle it at the outset. The same advice should be taken in cases of dyspepsia, debility, liver and kidney complaint, rheumatism and neuralgia.

This policeman likes to be in politics because under such circumstances he has a chance to make a bit.—Philadelphia Times.

The Century Dictionary says: "Coffee acts as a slight stimulant, promoting cheerfulness and removing lethargy. To produce these desirable results in full perfection the quality of the coffee should be excellent, and it should be fresh roasted. The celebrated brand of 'MAIL, POUCH' Roasted Coffee, which, like the U. S. mail, goes into every household in the Union, is a brand obtained only after long and patient experiment. It is free of grit and all foreign substances; is fresh roasted daily, and makes a most delicious and invigorating cup of coffee. Ask your grocer for it. Sold only in one-pound packages. Hanley & Kinsella Coffee and Spice Company, St. Louis.

Just Do—Loftus.—What sort of a dog is that you have a pointer? Sporty—Not a disappointment.—Truth.

THE WORLD'S MAMMOTH HOTEL is the 1,100 room, fireproof, summer hotel, the 'Great Eastern,' at St. Lawrence Ave. and 40th St., Chicago, two blocks from Malloy Plaza. It has a Fair entrance and overlooks the famous Washington Park. World's Fair visitors and convention guests are invited to share by engaging rooms now at \$1.50 a day, each person (European) by addressing Copeland Townsend, Manager, (formerly of Palmer House), 42 Broadway Building, Chicago, Ill.

This handmaster had a proper idea of the fitness of things who ordered his 'Palmers' to wear trousers.—Boston Courier.

FOR BRONCHIAL, ASTHMATIC AND PULMONARY COMPLAINTS.—Brown's Bronchial Trochocid have proven a valuable curative property. Sold only in boxes.

"I praised my teacher in school to-day," said Nancy. "Sister, told me I couldn't. Why, per, and I showed her right off how I could!"—Harper's Bazar.

Disease is unnatural, and is but the proof that there are things in Nature. It is claimed that Garfield Tea, a simple herb remedy, helps Nature to overcome this abuse.

"What made Carter try dialect writing?" "Because he never has been able to spell anything correctly."—Inter Ocean.

Don't Neglect a Cough. Take some Hale's Honey of Horehound and Tar. It cures Croup, Whooping Cough, Croup, Hoarse Throat. Sold by all Druggists on a Guarantee.

It has been recently announced that the walls of the prison of the African on-trichos. This isn't the first time they have given us tips.

BRECHAM'S PILLS are not a new remedy. They have been used in Europe for 50 years, and are well tested and excellent.

James says it's always a paradox of drink that a man will get away with more than he can carry.—Elmira Gazette.

Syrup of Figs is a pleasant and refreshing to the taste, and acts gently yet promptly on the Kidneys, Liver and Bowels, cleanses the system effectually, dispels colds, head-aches and fevers and cures habitual constipation. Syrup of Figs is the only remedy of its kind ever produced, pleasing to the taste and acceptable to the stomach, prompt in its action and truly beneficial in its effects, prepared only from the most healthy and agreeable substances, its many excellent qualities commend it to all and have made it the most popular remedy known.

Syrup of Figs is for sale in 50c and \$1 bottles for all leading druggists. Any reliable druggist who may not have it on hand will procure it promptly for any one who wishes to try it. Do not accept any substitute.

CALIFORNIA FIG SYRUP CO. SAN FRANCISCO, CAL. LOUISVILLE, KY. NEW YORK, N.Y.

Home Necessities "Papa's got on his new suit; mamma and I bought it for him. Papa says business's dull; couldn't afford new clothes. Mamma didn't like to see papa shabby. We know lots of people; told them how much we liked THE LADIES' HOME JOURNAL; that we would like to have them take it too; most of 'em did; we made thirty dollars; papa's got it on; he feels awfully happy; so does mamma; I guess I do too. Mr. Curtis will tell any girl how she can make money."

THE CURTIS PUBLISHING CO. PHILADELPHIA

Unlike the Dutch Process No Alkalies —or— Other Chemicals are used in the preparation of **W. BAKER & CO.'S Breakfast Cocoa** which is absolutely pure and contains three times the strength of Cocoa mixed with Starch, Arrowroot or Sugar, and is far more economical, costing less than one cent a cup. It is delicious, nourishing, and EASILY DIGESTED.

Sold by Grocers everywhere. **W. BAKER & CO., Dorchester, Mass.**

"German Syrup"

Justice of the Peace, George Wilkinson, of Lowell, Murray Co., Minn., makes a deposition concerning a severe cold. Listen to it. "In the Spring of 1888, through exposure I contracted a very severe cold that settled on my lungs. This was accompanied by excessive night sweats. One bottle of Boschee's German Syrup broke up the cold, night sweats, and all left me in a good, healthy condition. I can give German Syrup my most earnest commendation."

SHILOH'S CURE. Cures Consumption, Coughs, Croup, Hoarse Throat. Sold by all Druggists on a Guarantee.

NEEDLES, SHUTTLES, REPAIRS. For all Sewing Machines. STANTON'S SEWING MACHINE. The Trade Supplied. Send for catalogue and price list. REPAIRS FREE. 25 CENT ST. LOUIS, MO.

HILL'S MANUAL THE GREAT FORM BOOK standard in Social and Business Life. New edition (July, 1890) with latest receipts of business documents in all kinds of forms. For per see write HARK & CO., 34 Dearborn St., Chicago. STANLEY HARK.

"Shave your Soap"—so the soap makers say, especially if your washing delicate things. Now, in the name of common sense, what's the use? When you can get Pearline, in powder form for this very reason, why do you want to work over soap, which, if it's good for anything, gets very hard and difficult to cut. Besides, Pearline is vastly better than any powdered soap could be. It has all the good properties of any soap—and many more, too. There's something in it that does the work easily, but without harm—much more easily than any other way yet known.

Beware Peddlers and some unscrupulous grocers will tell you, "this is as good as" or "the same as Pearline." IT'S FALSE—Pearline is never peddled, if your grocer sends you an imitation, be honest—send it back.

THE POT INSULTED THE KETTLE BECAUSE THE COOK HAD NOT USED

SAPOLIO

GOOD COOKING DEMANDS CLEANLINESS. SAPOLIO SHOULD BE USED IN EVERY KITCHEN.

CATARRH ELLY'S CREAM BALM—Cleanses the Nasal Passages, Alleviates Pain and Inflammation, Heals the Sore, Reddened Tissue and Swell, and Cures Catarrh of the Throat, Larynx, and Bronchi.

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\$3.00 FOR ONLY 50 Cts. Money must be sent during the Month of March.

The Home Magazine

OF WASHINGTON, D. C.

FOR ONE YEAR AN THE

White House Dining Room Chart, Fancy Work Chart, Prose and Poetry Chart, Spring Dressmaking Chart, and Floral Chart

Conducted by MRS. JOHN A. LOGAN.

For Only Fifty Cents.

THE HOME MAGAZINE has a circulation of over 375,000 every month. We want a million; hence our great offer.

THE HOME MAGAZINE is handsomely illustrated by most skillful artists. The Best Story-writers contribute to its columns, and every one at home will find something of interest.

It contains interesting pages for the Mother and Children; all about Flowers, the Dining Room, Fashions, Fancy Work, Sunday Reading and many other home subjects.

Full Account of Washington Society. Now, THE HOME MAGAZINE for one year is only Fifty Cents, but we make you the following liberal offer:

The White House Dining Room Chart New throughout from cover to cover; containing a Bill of Fare for every day in the whole year. No two alike, and plain, practical directions for preparing every dish from soup to dessert.

Fancy Work Chart Containing over 300 illustrations of Plain and Ornamental Initials, Drawn Work, Netting, Embroidery, Tatting, Patchwork, Miscellaneous Fancy Work and Home Decoration.

The Home Magazine Poetry and Prose Chart Especially adapted for selections for School Children.

Spring Dress Making Chart Just completed, with Designs of all the latest Spring Fashions of 1891, with what to wear and how to make it.

Floral Chart All about flowers and plants; how to plant, when to plant and how to plant. Invaluable to every lover of flowers.

Send money in Postal Notes, Money Orders, Express Orders, Checks or Silver.

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